

# Women & Wellness

Recipes from the Health Ambassador Program



## Stuffed Peppers in the Slow Cooker *Healthy, cost effective, rich in fiber, immune system booster*

2 cups cooked brown rice  
2 cups salsa or chopped tomatoes  
1 cup chopped zucchini or seasonal vegetable  
1 (15 ounce) can black or red beans, drained and rinsed  
2 teaspoons cumin  
1 teaspoon ancho chili powder  
4 large bell peppers (any color), tops, seeds removed  
Lime wedges

1 large (Florida avocado) or 2 small Haas avocados  
juice from 1 lime  
1/4 teaspoon salt (optional)  
1/2 teaspoon hot sauce  
1/2 cup chopped cilantro  
1/2 teaspoon smoked paprika  
3 garlic cloves minced

In a large bowl, mix together the first 9 ingredients well. Fill each pepper with the rice mixture. Place each pepper in the slow cooker and cook on high for three hours. While the peppers are cooking, prepare the avocado topping. Mash the avocado well in a bowl. Add the lime juice, hot sauce, and salt and whisk until very smooth. Serve the peppers with avocado sauce, chopped cilantro, and lime wedges.